

# July 2022

## CONGREGATE MEAL PROGRAM: **HOT & COLD MEALS** **DINE-IN ONLY**

**\*SUGGESTED DONATION \$3.00 PER MEAL**

**Narragansett Community Center @ 53 Mumford Road**

**Call (401) 782-0675 to SIGN UP! Donations help to maintain the program!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Chili BBQ Style Riblet Cole slaw / Roll Pasta Salad Dessert Seafood Salad Plate
<b>4</b>  Closed	<b>5</b> Tomato Soup Sausage & Pepper w/ Potatoes Garlic Bread Oatmeal Cookies Greek Salad w/ Chicken	<b>6</b> Greek Tomato Salad Sloppy Joe's Roasted Potatoes WW Roll Fruit Turkey Club	<b>7</b> Chicken Soup Stuffed Pork Chop Sweet Potato Mixed Veggies Cake / Roll Chef Salad	<b>8</b> Clam Chowder (red) Pub Burger w/ Cheese Tomato Lettuce WW Roll Fruit Spinach Salad
<b>11</b> Navy Bean Soup Meatball Sandwich Green Beans Roll Pudding Cob Salad	<b>12</b> Tossed Garden Salad Beef Stew Mixed Fruit Multigrain Roll Cookie Italian Grinder	<b>13</b> Cranberry Spinach Salad Baked Pasta w/ Sausage & Meatballs Roasted Zucchini Garlic Bread / Fruit Chicken Sandwich	<b>14</b> Chicken Soup Meatloaf Sweet Potato Brownie WW Roll Turkey Club	<b>15</b> Greek Cucumber Salad Herb Roasted Chicken WW Roll Italian Green Beans Sliced Pears Seafood Salad on WW
<b>18</b> Escarole & Bean Soup Chicken Pot Pie Mashed Potato Multi Grain Roll Fruit Sausage Sandwich	<b>19</b> Caprese Pasta Salad Beef Cacciatore Rice Pilaf Mixed Veggies Cake Turkey Club	<b>20</b> Greek Cucumber Salad Pork Roast w/ Gravy Sliced Carrots Potato Roll Fruit Chicken Sandwich on WW Roll	<b>21</b> Minestrone Soup Sausage & Pepper Sandwich Potato Salad Roll Oatmeal Cookie Corned Beef on Rye	<b>22</b> Chicken Soup Stuffed Shells Green Beans Italian Bread Pudding Seafood Salad on Multigrain
<b>25</b> Asian Noodle Salad Hot Dog w/ Roll Baked Beans Roasted Veggie Salad Fruit Ham & Cheese Club	<b>26</b> Lentil Soup Tossed Salad Lasagna Roll Up w/ Meat Sauce Garlic Bread Fruit Hamburger Patty w/ Roll	<b>27</b> Tomato Soup Sauteed Beef w/ Mushroom Mashed Potato Baby Carrots Roll / Cookie Chicken Salad	<b>28</b> Summer Chickpea Salad Open Turkey Sandwich w/ Gravy Stuffing Sweet Corn Fruit Chicken Salad on Wheat	<b>29</b> Chicken Soup Braised Pork in sweet Soy Sauce Steamed Rice Roasted Veggies Brownie Tuna Salad Plate